



Harness AVAO® SIT

Product information

The AVAO SIT sit harness is specifically designed for workers at height looking for a lightweight and modular solution. It can be turned into a full-body fall-arrest harness by connecting a TOP or TOP CROLL chest harness. Its design is specific to work positioning and rope descent. Contoured foam on the semi-rigid waistbelt and leg loops provide comfort during use. The waistbelt features metal side attachment points, equipment loops, and tool holder slots, allowing the user to organize all the necessary equipment for a day of work. Adjustment is quick and easy with self-locking DOUBLEBACK buckles.

Comfortable construction:

- All contact zones, including the waistbelt and leg loops, use contoured foam and are lined with breathable material, making it more comfortable to work and move around
- Semi-rigid waistbelt and leg loops provide optimal harness fit and support
- Metal side attachment points can be folded down to prevent them snagging accidentally when not in use
- Elastic leg loop bands (replaceable and available as an accessory) allow the harness to maintain the right adjustment whether the user is walking or suspended

Sit harness that can be turned into a full-body fall-arrest harness by connecting a TOP or TOP CROLL chest harness with a RING OPEN or a quick link

Convenient adjustment system:

- Self-locking DOUBLEBACK buckles make adjusting the waistbelt and leg loops simple and convenient
- Anti-slip devices installed on the DOUBLEBACK buckles help maintain the right adjustment throughout the workday

Easy to carry and organize equipment:

- Metal ventral D ring is equipped with connection points to install a PODIUM or LITEPOD work seat
- Ventral connection point features a textile loop that allows the user to install a lanyard with a RING OPEN attachment ring
- Two side metal attachment points for connecting a positioning lanyard in double mode
- Five pre-shaped equipment loops with protective sheath
- Two slots for CARITool tool holders or the INTERFAST connection system

Material: Nylon, polyester, aluminum, steel

Marking: According to standard, CE-marked

Standard: EN 813, EN 358

Part code	Waist size cm	Size	Colour	Leg size cm	Weight kg
820100774230	70-93	1	multicolour	47-62	1.1
820100784230	83-120	2	multicolour	50-65	1.2